



## Breastfeeding In the First 3 Weeks

This guide can help you decide if your baby is getting enough breast milk. It is only a guide because all babies feed and grow differently. If you have any questions or concerns, talk to your Public Health Nurse.

Baby's age	Feeding and sleeping	Number of feeding in 24 hours	Number of wet and dirty diapers in 24 hours	Baby's weight	Your breasts and breastfeeding
<b>First 24 hours</b>	<ul style="list-style-type: none"> <li>No set routine</li> <li>Feeds often</li> <li>Sleepy baby may need to be woken up to feed</li> <li>Cluster feeding is common</li> </ul>	5 or more times	<ul style="list-style-type: none"> <li>1 or more wet</li> <li>1 or more greenish black, sticky, tar-like stool</li> </ul>	Decreases from birth weight	<ul style="list-style-type: none"> <li>Both breasts will feel soft</li> <li>Offer baby both breasts at each feed</li> </ul>
<b>2 – 3 days</b>	<ul style="list-style-type: none"> <li>No set routine</li> <li>Feeds every 1 - 3 hours throughout the day and night</li> </ul>	8 or more times	<ul style="list-style-type: none"> <li>2 - 3 wet</li> <li>1 or more looser, greenish-brown stool</li> </ul>	Weight loss up to 7-10% of birthweight	<ul style="list-style-type: none"> <li>Breasts may be soft, filling or full</li> <li>Offer both breasts at each feed</li> </ul>
<b>4 – 5 days</b>	<ul style="list-style-type: none"> <li>No set routine</li> <li>Feeds often throughout the day and night</li> <li>Content after feeding</li> </ul>	8 or more times	<ul style="list-style-type: none"> <li>4 - 6 wet</li> <li>3 - 4 loose, yellow or green stools</li> </ul>	Starts to gain weight	<ul style="list-style-type: none"> <li>Breasts are filling or full</li> <li>Breasts softer after feeds</li> <li>Possible engorgement</li> <li>Offer both breasts at each feed</li> </ul>
<b>1 to 3 weeks</b>	<ul style="list-style-type: none"> <li>No set routine</li> <li>More alert</li> <li>Content after feeding</li> <li>Feeds more often during a growth spurt</li> <li>Night time feeding continues</li> </ul>	8 or more times	<ul style="list-style-type: none"> <li>4 - 6 wet</li> <li>3 - 4 loose, yellow or green stools</li> </ul>	Back to birth weight by about 2 weeks	<ul style="list-style-type: none"> <li>Breast feel full before feeding, soft after</li> <li>Offer both breasts at each feed</li> <li>Baby may want one or both breasts</li> </ul>

**Feeding Record: You may use this to keep track of your baby's feeding & diaper changes**

Date	Number of Feedings (in 24 hours)	Wet diaper	stool	Date	Number of Feedings (in 24 hours)	Wet diaper	stool

**Talk to your Public Health Nurse or Primary Health Care Provider if:**

- Your baby is 4 – 5 days old and is not having 4 – 6 wet diapers and 3 – 4 stools a day
- Your baby is too sleepy to wake up to feed at least 8 times a day
- Your nipples are sore
- You are worried your baby is not feeding well



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**Other information on parenting are available at your local Community Health Office/Centre or online at <http://vch.eduhealth.ca>**

You can get further information about breastfeeding from:

- Public Health Nurse at Vancouver Coastal Health..... [www.vch.ca](http://www.vch.ca)
- Baby's Best Chance..... <http://www.health.gov.bc.ca/children/initiatives/bbc.html>
- HealthLinkBC .....8-1-1
- Translation services are available in 130 languages..... [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

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The information in this document is intended solely for the person to whom it was given by the health care team.  
[www.vch.ca](http://www.vch.ca)